



# WEST SPA Chronicle

# 5

A publication for friends and neighbors of the West Service Planning Area

Volume IV, Issue I

Spring 2006



## Department of Health Services, Public Health to Separate

On June 28, 2005, the Board of Supervisors approved in concept the separation of Public Health from Personal Health Services, creating a new Public Health department. The Board is scheduled to vote on this action on February 7, 2006. Separation would enable Public Health to more effectively protect and promote the health of the population and will put Los Angeles County in the ranks of other major metropolitan areas that have separate public health departments.

### Different Missions

The Department of Health Services' primary mission is to provide medical care and clinical services to those who are

ill or injured and have no other source of medical care. Public Health's mission is to safeguard the health of the entire population of Los Angeles County through services that:

- protect the public from the threat of disease
- regulate restaurants and license hospitals and nursing homes
- promote effective prevention of disease
- identify and assure treatment for those whose problems threaten the health of others

### Elevating Public Health Priorities

As a separate department, Public Health



The proposed change would separate all Public Health Programs from the De-

would have more direct control of its budget priorities and administrative resources. Public Health could better serve all Los Angeles County residents and fulfill its role in bioterrorism and emergency preparedness with greater control of administrative processes such as purchasing, contracting, and hiring.

[See Split, Page 3]

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## LA County Conducts Emergency Preparedness Exercise

The County of Los Angeles and the City of Los Angeles and its Operational Area partners conducted a major terrorism preparedness and response exercise on Thursday, November 17, 2005 at the Los Angeles Memorial Sports Arena in Exposition Park.

The exercise scenario called for activation of a Point of Dispensing (POD) site to dispense antibiotics in response to an aerosolized release of anthrax. The exercise scenario was not based on any credible threat.

The Los Angeles County

Operational Area conducts an emergency preparedness exercise every year.

Although the focus of the exercise was on bioterrorism,

[See Exercise, Page 5]

## SPA 5 NEWS & NOTES

**SPA 5 Children's Planning Council** is hosting a **Parent Leadership Conference** on **Saturday, March 11, 2006** from **8:30am-3pm**. The conference will be held at the Veterans Memorial Building, 4117 Overland Ave., Culver City, CA.

If you are interested in attending, please call (310) 391-1578 to pre-register, as walk-ins will NOT be allowed to participate.

\*\*\*\*\*

The **SPA 5 Children's Planning Council** has moved. Their new address is:

2232 Lincoln Blvd., 2nd Floor  
Venice, CA 90291

Their contact numbers have not changed.

\*\*\*\*\*

The **Center for Healthy Aging** (2125 Arizona Ave., Santa Monica, CA 90404) presents "**Healthy Movement 2006**":

**Dance Alive®**, every Wednesday beginning **February 1, 2006** from **1:00pm-2:00pm**. Classes are 3 dollars each.

In addition, the following classes will be offered:

**2/8/06 - Yoga: A Gentle Way to Move, 10:30-11:30am**

**2/15/06 - Maintaining Flexibility & Balance with the FELDENKRAIS® METHOD of Movement Education, 10:30-11:30am**

**2/22/06 - Dance Alive®, 10:30-11:30am**

Classes are **FREE** (except where indicated), however **RESERVATIONS ARE REQUIRED**. Please call Vienna @ 310-576-2550, ext. 390 to reserve your space. There is limited parking behind the building.

\*\*\*\*\*

Phillips Graduate Institute in Encino, is holding its Annual Conference

March 7th - 11th, 2006. With over 30 exciting and educational workshops to choose from you can earn all your CEU's in one week. Registration deadline is February 26th. Call Hanon Awad at 818-386-5632 or visit [www.pgi.edu](http://www.pgi.edu) for more information

\*\*\*\*\*

The California Family Counseling Center, located just off the 101 Freeway, at Balboa Blvd in Encino, offers affordable counseling and psychological and psycho-educational testing at fees based on the client's ability to pay. Services offered in English & Spanish for individuals (children to elders), couples, families and support groups. Call intake coordinator at (818) 386-5615.

\*\*\*\*\*

**If you'd like an event featured in this column or have news to share, please contact Nicole Vick at**

## LA County Health Department Launches Emergency Preparedness Campaign

This summer, the LA County Health Department introduced "Just Be Ready: Prepare Together!" a multi-cultural, multilingual outreach effort to assist county residents prepare themselves and their families for emergencies.



The campaign seeks to increase the level of personal responsibility and emergency preparedness among all Los Angeles County communities and families. Research demonstrates that only 43 percent of Los Angeles households have a

disaster plan and only 51 percent have an evacuation plan (cite). Less than 50 percent of households have a disaster kit. "The importance of preparing for an emergency cannot be emphasized enough", said Jonathan Fielding, M.D., M.P.H., Director of Public Health and County Health Officer.

[ See Preparedness, Page 5]

## SPA 5 and 6 Welcomes a New Health Educator

LA County Public Health SPAs 5 and 6 welcomed Nicole Vick as their new Health Educator last November.

Ms. Vick will work closely with the Acting Area Health Officer and other staff in the South and West Service Planning Area Offices. Her main role will be to coordinate health education activities



for residents in partnership with community agencies. "I'm so happy to be able to work with such a wonderful group of people. I am excited about the opportunity to meet and work with the community in order to make them happier, healthier people."

Ms. Vick is not new to Public Health. In 2000, she was hired as a Student Professional Worker for the STD

Program. She left a year later to coordinate health services for USC's Head Start Program. In April 2004, she returned to Public Health and worked in several programs before being promoted to Health Educator.

Ms. Vick has a Bachelor's Degree in Public Policy and a Masters Degree in Public Health from USC. She is also a Certified Health Education Specialist.

# February is Heart Health Month

"Go Red For Women" is a nationwide movement celebrating the energy, passion and power women have to band together and wipe out heart disease.

Sponsored by Macy's and Pfizer with additional support from the PacifiCare Foundation and Bayer Aspirin, and locally by **Brighton, St. Joseph Hospital** and **USC University Hospital**, "Go Red For Women" began in February 2004 to raise awareness that heart disease is women's No. 1 killer. The grassroots campaign has since grown into a vibrant national movement as more women, men, celebrities, healthcare professionals and politicians embrace and elevate the cause of women and heart disease.

The campaign provides women with

tips and information on healthy eating, exercise and risk factor reduction, such as smoking cessation, weight maintenance, blood pressure control and blood cholesterol management.

Additional activities include **National Wear Red Day on February 4, and the illumination in red of** national and local landmarks to further raise awareness of women and heart disease.

Locally, The American Heart Association's Cultural Health Initiatives team utilizes the "Search Your Heart" program to educate community members on the importance of cardiovascular disease and stroke prevention. "Search Your Heart" is a faith based program that uses interactive workshops and

informative seminars to educate the African American and Latino community on physical activity, nutrition, advocacy, stroke, physical body assessments, and stress. For more information regarding this program, please contact the Cultural Health Initiatives department at 213.291.7065.

**In support of Heart Health Month, The LA County Office of Women's Health will be sending their Mobile Clinic to various events in the community to provide health screenings to women. On February 18, they will be at Jesse Owens Park from 8:30am-4:00pm.**



## Epi Corner - Tuberculosis

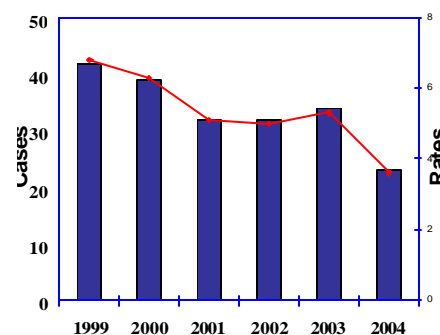
Beginning with this issue, we will be providing you with short summaries and snap shots on particular health topics. March 24 is World Tuberculosis (TB) Day and perhaps a TB snap shot from 1999-2004 is an appropriate topic to present.

TB is a very contagious infection caused by *Mycobacterium tuberculosis*, responsible for over 2 million deaths worldwide (LAC TB Control Program, 2003). "M. tuberculosis is carried in airborne particles called droplet nuclei" transmitted when persons who have pulmonary or

laryngeal TB disease cough, sneeze, shout, or sing (CDC, 2005). TB Diagnosis is generally through skin testing (Mantoux) and chest x-ray. Treatment involves a multi-antibiotic regimen and is mandatory by law, available at no cost to the patient through the public health programs.

A total of 14,871 TB cases (5.1 cases per 100,000 population) were reported in the United States in 2003; California confirmed 6.4% of those cases. In 2003, about 30% of all TB cases in California were reported in Los Angeles County; 3.6%

were residing in SPA 5. TB cases dropped by 7% in Los Angeles County and by 32.4% in the West SPA (SPA 5) since 2002.



## DHS/Public Health Split

[Split, from Page 1]

There is a strong precedent within Los Angeles County and around the country for creating separate departments. Examples of separations within the County include the Department of Mental Health from the Department of Health Services. Nationwide, many large municipalities

have independent public health departments, including New York City, Chicago, Houston, Miami/Dade, Boston, and Seattle.

Concern has been raised that the separation of departments would lead to gaps in patient care, decreased collaboration, duplication of effort, or increased bureaucracy.

Actually, only about 6% of Public Health's activities are direct clinical services. As there is little overlap in services, there will be no duplication of effort and separation will decrease a layer of bureaucracy, as Public Health administrative and budgetary requests will no longer have to be filtered through DHS.

## March is National Nutrition Month® !!!

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Locally, the LA County Public Health Nutrition Program will recognize National Nutrition Month® by supporting several local activities. One such event is the "Body and Soul" Wellness workshops at Faith-based organizations (see article on page 5). The Program will also hold health recipe demonstrations at local food retailers. Worksite Wellness seminars will also be held at local Chambers of Commerce and businesses throughout Los Angeles County.

In honor of National Nutrition Month®, *the Chronicle* is listing Farmers' Markets in your area, as well as a recipe for Chinese Chicken Salad (in honor of Chinese New Year, January 29). For more information about National Nutrition Month®, check out the ADA's website at [www.eatright.org](http://www.eatright.org). For more information about the Regional Nutrition Network, please contact [www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)



## SPA 5 Gives 4,000 Flu Shots

Service Planning Area 5 Public Health Nurses gave 4,000 flu vaccines at nine sites during November and December. The vaccines were given at nine sites throughout SPA 5: Pacific Palisades Women's Club, Westchester Senior Center, Santa Monica Red Cross, Santa Monica United Methodist Church, Culver City Senior Center, Roxbury Park Senior Center, Felicia Mahood Senior Center, Santa Monica Police Dept., and the Yn Presbyterian Church.

People 59 and older, and those under 59 with chronic illness are eligible to receive the vaccine. Flu shots are still available at the Service Planning Area 5 Area Health Office at Burke Health Center until supplies run out or the office is notified that the flu season is over. Other Public Health Centers in LA County may also have vaccine available. For more information about flu shot availability at Burke Health Center, please call : (310) 998 3233



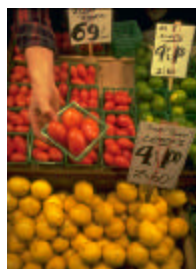
## Certified Farmers' Markets in Your Area

Here is a list of Certified Farmers' Markets in your area. For more information, go to:

[www.cafarmersmarkets.com](http://www.cafarmersmarkets.com)

### SUNDAY

- ?? Beverly Hills, Civic Center Drive 9am-1pm
- ?? Brentwood Village, Gretna Green and San Vicente - 9am-2:30pm
- ?? Malibu, La Cty Civic Center Complex - 10am-3pm JUN-NOV



- ?? Santa Monica, Ocean Park and Main Street - 9:30a-1p

- ?? W. Los Angeles, 1645 Corinth Av. 9am-1p

### TUESDAY

- ?? Culver City, Main and Culver 2pm-7pm

### WEDNESDAY

- ?? Santa Monica, Arizona Ave and 2nd - 8:30am-1:30pm
- ?? Westchester, 87th and Truxton 8am-1pm

### THURSDAY

- ?? Century City, Constellation Bl. and Av. of Stars 11:30a-3pm
- ?? Westwood Village, Weyburn Av. and Westwood Blvd - 1pm-7pm

### FRIDAY

- ?? Venice, Venice Way and Venice Blvd - 7am-11am

### SATURDAY

- ?? Santa Monica Airport - 8am-1pm
- ?? Santa Monica-Organic, Arizona Ave and 3rd - 8:30a-1p

## Zesty Asian Chicken Salad - *recipe from California 5 a Day*

Prep time: 20 minutes

- |   |   |
|---|---|
| 3 boneless skinless chicken breasts, cooked and chilled | 1 medium red bell pepper, cut into strips       |
| 3 green onions, sliced                                  | 1/2 cup fat-free Asian or Sesame salad dressing |
| 1 1/2 cups small broccoli florets                       | 1/4 cup orange juice                            |
| 2 medium carrots, peeled and cut into strips            | 1/4 cup chopped fresh cilantro                  |

Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, and bell peppers. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. *Makes 4 servings*

*1 cup per serving*

*Nutrition Information Per Serving: Calories 214, Carbohydrate 16g, Protein 28g, Total Fat 4g, Saturated Fat 1g, Cholesterol 15mg, Sodium 370mg, Dietary Fiber 3g*



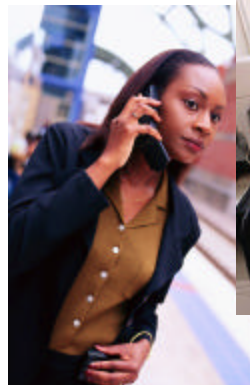
## Who to Call for Services in SPA 5

**AREA HEALTH OFFICE  
SERVICE PLANNING AREA 5  
BURKE HEALTH CENTER**

2509 Pico Blvd.  
Santa Monica, CA  
Front Office  
310-998-3203  
Public Health Investigation  
310-998-3227  
or Headquarters 323-890-7803

**ENVIRONMENTAL HEALTH  
WEST DISTRICT OFFICE**

6053 Bristol Pkwy, 2nd Floor  
Culver City, CA 90230  
310-665-8450



## POD Exercise

*[Exercise, from Page 1]*

the planning and preparedness efforts undertaken by the Los Angeles County Operational Area can be applied to other public health emergencies such as the pandemic flu.

"The goal of this exercise was to test Los Angeles County's response to this challenging scenario and provide an opportunity for county and city agencies and our local ju-

risdiction partners to see how they would respond if face with a biological terrorism attack or with a pandemic flu outbreak", said Dr. Jonathan Fielding, Los Angeles County Public Health Officer.

A second exercise is scheduled to take place in February 2006.



## Emergency Preparedness Campaign

*[Preparedness, from Page 2]*

"Our goal is to increase public awareness about the importance of preparing for emergencies and encourage individuals to take action by preparing now."

Residents should be encouraged to create their family emergency plan by following three easy steps:

-Gather all necessary emergency information

-Write down your emergency family plan. Easy to use materials are available at [www.labt.org](http://www.labt.org)

Share your emergency plan with all members of your family and make sure to keep it easily accessible.

Materials are also available to your

agency for dissemination. Please see the materials request form included in this mailer.

For additional tips and information on the "Just Be Ready: Prepare Together!" campaign, visit [www.labt.org](http://www.labt.org) or call the multilingual hotline, 866 999 LABT (5228)

**Selected Reportable Diseases Provisional Data\* (West)**

Disease	Apr-Jun 05	Apr-Jun 04
AIDS	29	13
Amebiasis	2	4
Campylobacteriosis	27	32
Chlamydial Infections	339	293
Encephalitis	0	1
Gonorrhea	70	102
Hepatitis Type A	2	2
Hepatitis Type B	2	2
Hepatitis Type C	0	0
Measles	0	0
Meningitis, Viral	1	5
Meningococcal Infections	0	0
Non-gonococcal Urethritis	21	36
Pertussis	6	1
Salmonellosis	16	32
Shigellosis	2	7
Syphilis, primary and secondary	5	10
Syphilis, early latent (<1 yr.)	3	3
Tuberculosis	5	3

\* Data are provisional due to reporting delay

**SPA 5 EXECUTIVE TEAM**

Acting Area Health Officer: Martina Travis, MPH, BSN  
Area Medical Director: Maxine Liggons, MD  
Director of Operations: Willie Mae Howard, MPA  
Nurse Supervisor: Mei Lien Chu, RN, BSN  
Epidemiology Analyst: Farimah Fiali  
Health Educator: Nicole D'anise Vick, MPH, CHES  
Intermediate Typist Clerk: Keisha Davis

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WEST SPA

# Chronicle 5

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**PUBLIC HEALTH MISSION** : TO SAFEGUARD AND IMPROVE THE HEALTH OF ALL LOS ANGELES COUNTY RESIDENTS